

Medical Cannabis

The Endocannabinoid
System, CBD and Vermont's
Medical Program



The Endocannabinoid System

- It is a complex physiologic system present in every mammal
- It is made up of cannabinoid receptors, molecules that fit or bind into those receptors and the enzymes that make and breakdown those molecules



Endocannabinoid, con't

- It is the most widespread receptor system in the human body and it regulates the most important physiologic pathways in us
- It's primary responsibility is homeostasis or balanced health



The ECS and Cannabinoids

- The molecules that attach to the receptors are called cannabinoids = endocannabinoids
- When the endocannabinoid attaches to the receptor site a reaction is triggered resulting in an effect on the brain and body = homeostasis
- Cannabinoid receptors act as binding sites for endogenous cannabinoids as well as cannabinoids found in plants such as cannabis and hemp. These are called phytocannabinoids
- These phytocannabinoids are basically mimicking our endogenous cannabinoids – triggering the same therapeutic or symptom relief that would occur if our systems were in homeostasis



Migraine and Headache

- Cannabis is Schedule 1 under the Controlled Substance Act = federally illegal
- This has impacted US research on many topics including migraine
- Some recent studies show that migraine may be due to endocannabinoid deficiency and abnormal inflammatory response
- People living with Migraine report headaches that begin in response to a trigger – such as a bright light, hunger, hormones, or certain smells or food
- The trigger event causes an imbalance in the brain, which should trigger the production of endocannabinoids to maintain homeostasis
- If one is deficient in endocannabinoids, the imbalance continues, leading to development of the migraine
- The trigger may also cause inflammation, which may become out



CANNABIDIOL or CBD

- Therapeutic and non-intoxicating it is found in cannabis and hemp
- Do not need a medical card
- CBD's therapeutic qualities outnumber THC's – but one is not necessarily better than the other
- Full spectrum or whole plant CBD or hemp oil generally refers to products that not only contain CBD, but contain other plant constituents as well – such as terpenes, other cannabinoids, minerals, vitamins, proteins and other plant materials
- Broad spectrum CBD – everything except the THC (may be trace amounts)
- Isolate is CBD in its purest form. CBD molecules are isolated, extracted and stripped of any additional cannabinoids, terpenes and plant components
- Which is best for you? You will have to try them all and see how you respond. Different people will respond differently to different products.



Dosing: *An Individual*

Journey

1. Finding your correct strain & preferred products and dosage
2. Will probably have to experiment a little
3. It really is individualized medicine – can depend on multiple factors such as your overall health, emotional state, diet, cannabinoid tone/deficiency, etc.
4. Goal is to find your minimum effective dose – starting low and titrating up to find symptom relief without adverse impacts or impairment
5. The rule of thumb is – **START LOW AND GO SLOW!**



The Vermont Medical Marijuana Program



State Eligibility: Must Be a Debilitating Medical Condition

*Cancer

*MS

*HIV

*AIDS

*Glaucoma

*Crohn's Disease

*Parkinson's Disease

PTSD

OR the treatment of these conditions, if the disease or treatment results in severe, persistent, or intractable symptoms

Provided the applicant is undergoing psychotherapy or counseling with a licensed mental health provider

A disease or medical condition or its treatment that is chronic, debilitating, and produces one or more of the following intractable symptoms: wasting syndrome; chronic pain; severe nausea or seizures.



The Patient Process

1. Visit the Vermont Medical Marijuana Registry website
2. Determine if you have a qualifying condition
3. Download the registration packet, which includes:
 - Patient Application
 - Health Care Professional Verification Form
 - Registered Caregiver Application
 - Mental Health Care Provider Form



Patient will provide UICP the Verification Form

State Requirements

1. Applicant must be a Vermont resident
2. Must have a valid VT driver's license or valid VT non-driver ID
3. Send in forms with a non-refundable \$50 application fee and a digital color photo
4. Upon approval, applicant receives a registration card within 30 days



Process can be expedited in severe cases.

Health Care Professional

- MD or DO
- Naturopathic Physician
- Advanced Practice Registered Nurse
- Physician Assistant
- For purposes of PTSD – a licensed mental health provider is:
 - *A person licenses to practice Psychiatry
 - *A psychologist
 - *A psychologist doctorate or master
 - *A clinical social worker
 - *A clinical mental health counselor
 - *An Advanced Practice Registered Nurse (w/Adult Psych & Mental Health Specialty)



Bona Fide Professional-Patient Relationship

A treating or consulting relationship of at least 3 months is required – during which the HCP has completed a full assessment of the patient’s medical history and current medical condition, including a physical exam.

Unless the patient has been diagnosed with:

- Terminal illness
- Cancer
- AIDS
- Is currently hospice care
- Patient’s debilitating medical condition was diagnosed within the last three months



GETTING TREATED: *THE DISPENSARY EXPERIENCE*

1. Once patient receives card in the mail, they can make an initial appointment at the dispensary of their choice.
2. At the initial appointment:
3. Staff reviews symptoms
4. Represents the products
5. Discusses different methods of cannabis consumption
6. Answers patient's questions
7. Discusses budgets and financial aid
8. Patients can home cultivate and purchase products at their designated dispensary
9. Patients can buy up to 2 ounces in a 30 day cycle plus cultivate 7 vegetative plants and two flowering plants



Thank you!

Ada Puches

ada@cvdvt.org

Community Educator

Champlain Valley Dispensary

Vermont Marijuana Registry 802-241-
5115

<http://medicalmarijuana.Vermont.gov/>

CVD Customer Service 844 283 9333

